PLAIN and EASY

DIRECTIONS

For the USE of

Harrogate Waters.

BY

WILLIAM ALEXANDER, M.D.

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CORRECTED and IMPROVED.

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INTRODUCTION.

SIMPLE fountain water, conſidered as a pure elementary ſubſtance, when properly attended to, is perhaps one of the moſt valuable remedies we are as yet acquainted with.

Whether ſome of the more active minerals and metals being found diſſolved in ſimple water, and rendering it, in the opinion of mankind, ſtill more medicinal and ſalutary, was the occaſion of their firſt uſing it for the cure of diſeaſes; or whether chance directed them to this, as to moſt other remedies, I ſhall not undertake to determine;

mine; but certain it is, that, whatever gave riſe to the uſe of mineral waters, they have for time immemorial been reſorted to, both for the preſervation of health and cure of diſeaſes; and though among the almoſt infinite numbers that always have, and ſtill continue to attend them with ſuch various and contrary complaints, many ſhould reap no benefit, there are ſtill numerous inſtances handed down to us, as well as others that have occurred in our own times, which demonſtrate their uſefulneſs.

Viewing them in this light, it is not ſurpriſing that their uſe ſhould have become ſo univerſal; as it is natural for thoſe who are in diſtreſs to try every expedient which yields even the moſt diſtant proſpect of relief. But, how watering places, as they are now called, ſhould have become the general rendezvous of the gay and ſprightly, as well as of the infirm and valetudinary, is not ſo eaſily accounted for: Nor indeed is it of much concern. It is ſufficient for our preſent purpoſe, to know that

that they are attended by all ranks and denominations of mankind; that the waters are drank in greater or ſmaller quantities by almoſt all who attend them; that many of them, inſtead of being the ſimple inoffenſive medicines they are commonly reckoned, are, on the contrary, powerful active operators on the human body, capable of producing very important changes in the ſtate of it; and that, conſequently, they ought not to be uſed in ſo thoughtleſs and indiſcriminate a manner as they are at preſent all over Europe.

Of late years, ſeveral phyſicians, in order both to introduce themſelves into the world, and to diſcourage this indiſcriminate uſe of mineral waters, have written treatiſes on thoſe of them that are moſt famous and beſt attended. But hardly any of theſe have either been addreſſed to, or made intelligible to the bulk of mankind: Inſtead of which, they have generally begun with a pompous parade of learning, an analyſis, or view of the component principles of the water they

treated

treated of; which learning or analyſis, of whatever uſe they might be to the learned reader, could certainly be but of very little to the unlearned drinker, whoſe only aim is to attain health by ſuch a water, and not to inveſtigate the principles it contains. For this reaſon I have judged an analyſis of the Harrogate waters unneceſſary, as I do not addreſs this treatiſe to the learned inveſtigator of principles, but to the unlearned ſolicitor of health and relief from diſtreſs.

As the benefit of every claſs of the drinkers of Harrogate water is the principal intention of the following Directory, I have endeavoured to render the language and meaning plain and intelligible even to the meaneſt capacity. Where I could depend upon facts and obſervations, I have rather choſe them for my guides than ſpeculative reaſoning and arguments drawn from principles; where theſe could not be found, or were not ſufficient for my purpoſe, the reaſonings and arguments I have made uſe of are, I hope, not unneceſſarily multiplied;

ed; and I have all along endeavoured to ſtate them with plainneſs and perſpicuity.

General Rules for drinking the Harrogate Sulphur and Steel Waters.

IT has been obſerved of a great many mineral waters both in this, and other kingdoms, that, at firſt drinking, they have a tendency to bring on a giddineſs of the head and ſenſation of fulneſs over all the body; and this more eſpecially when theſe waters have no purgative quality, and even ſometimes when they have ſuch a quality, if they do not happen to exert it properly. But ſometimes when they do exert it properly, this giddineſs will come upon the patient; but then it is rarely of conſequence enough to require any particular attention.

When this troubleſome, and ſometimes dangerous, ſymptom is attended with coſtiveneſs, in order to relieve it, the common practice at Harrogate is to take the quantity of a nutmeg of lenitive electuary, or one ounce of Glauber's ſalt along with the water.

But as the ſulphur-water contains in itſelf a good deal of purging ſalt, in moſt caſes I have found, that increaſing the doſe of it anſwered ſufficiently; but ſometimes it does not. Then I would adviſe the patient to take from half an ounce to one ounce and a half of Glauber's ſalt along with the firſt draught of the water in the morning. This ſalt I prefer to the lenitive electuary, becauſe it operates ſooner, with leſs griping, and begins to operate nearly about the ſame time as the water; whereas the lenitive electuary operating a little later, the power of the water and of it, being exerted at different times, are divided, and conſequently weakened; as alſo on account of its cheapneſs, many people generally attending mineral waters, who can purchaſe a little Glauber's ſalt, who cannot afford lenitive electuary.

Various have been the conjectures of medical authors, in endeavouring to diſcover what it is in mineral waters which affects the head with giddineſs. In a work of this nature, it would be foreign to the purpoſe

purpoſe to inveſtigate cauſes, as my deſign chiefly is, without troubling my reader with this inveſtigation, to point out the method of obviating their ill effects.

The train of reaſoning by which a man has been induced to make ſuch and ſuch an application, would be of little uſe to the unlearned reader; his capacity and the public utility only require, that the benefits ariſing from the application itſelf be pointed out. On this account, without entering into a detail of the reaſons which firſt led me to order the head to be bathed in cold water, early in the morning, before drinking the water, as well as about an hour after drinking it, I ſhall only obſerve that I have found this method, in moſt caſes, entirely obviate the giddineſs I have been mentioning; in ſome few caſes, however, it has not. So that upon the whole, though it is a practice which I would recommend to every one, I have not yet had experience enough of it to affirm that it is abſolutely effectual. Therefore, when the giddineſs

is already begun, recourſe ſhould be had to ſome purgative, as above directed. And ſhould it continue ſome hours after the belly has been ſufficiently opened, ſhould a ſenſation of heat, fulneſs, and heavineſs accompany it, I would then adviſe a little blood to be taken from the arm, if no other diſeaſe or ſymptom forbid.

Theſe hints, I thought neceſſary to premiſe, concerning the methods of preventing and curing the giddineſs of the head, as it ſo commonly attacks both the drinkers of the ſulphur and ſteel water.

In giving general directions for drinking theſe waters, method and perſpicuity require that we ſhould begin with the quantity neceſſary.

The quantity of the ſulphur-water generally ordered for a full grown perſon is, about a medium, at three half pints in the morning, and ſometimes another half pint in the evening, which commonly procures from two to four looſe ſtools. But this quantity

quantity muſt be varied according to the ſtrength and conſtitution of the drinker. A man of a ſtrong habit, and difficultly purged, ſhall take four, ſometimes five half-pints; whereas one of a weak habit will be ſufficiently purged by two. For children of about five or ſix years of age, one half pint is generally ſufficient, and ſo in proportion for thoſe that are older, till they arrive at maturity.

The ſteel water at Harrogate is not ſtrong, in conſequence of which few people come there to drink it only. When they do, it may be drank to the quantity of about two quarts in the twenty-four hours, in ſmall draughts at a time upon an empty ſtomach, always taking care to keep the body open by Glauber's ſalt or ſome other gentle laxative, otherways heat, thirſt, and ſometimes loſs of appetite, will enſue.

I cannot conclude this ſubject, without obſerving, that many, and thoſe particularly of the lower ſort of people, are apt

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to imagine they can never take too much of any thing that is good for their health; therefore they take as much of the water as their ſtomachs can poſſibly bear; and thus often bring diſeaſes upon themſelves as bad, and perhaps worſe, than thoſe they expected to be relieved from. It has alſo happened ſometimes, that, when a perſon was told he might begin to expect the ſymptoms of his diſtemper would abate by the time he had drank ſuch a quantity of water, he has concluded, the ſooner he could drink that quantity, the ſooner he might expect relief; therefore endeavoured to drink it with all poſſible expedition, and almoſt ſacrificed himſelf to the attempt. Some patients alſo, on finding that the water did not paſs properly off, have drank till they ſtretched the coats of their ſtomach, ſo as to loſe their power of contraction, and fallen a ſacrifice to this impropriety of management.

Of

Of the Intervals neceſſary between each Draught of the Sulphur-Water.

The rule preſently obſerved at Harrogate ſulphur-well ſeems to be, to intermit 20 minutes between every draught of the water, and during this interval to keep in conſtant motion, either walking or riding.

This is perhaps no bad general rule; but, like all other rules of that nature, admits of exceptions. I ſhall point out the following: The ſalt contained in the ſulphur-water is one of the quickeſt purges hitherto known; now, in this way of drinking it, there are ſeveral conſtitutions whom it will begin to purge before the expiration of forty minutes, the time neceſſarily required to finiſh drinking, and many on whom it will begin to operate before they can get home. There are others, and I have obſerved they are chiefly ſuch as have been accuſtomed to ſtrong liquors and high ſeaſoned food, whoſe ſtomachs will by no means bear ſo much as half a pint of cold, or even of warm

warm water, in a morning, without making them ſick, and who, ſhould they repeat the draught before that ſickneſs was either altogether or nearly gone off, which it ſeldom is in twenty minutes, would be ſure to throw up the whole of what they had drank.

A better general rule therefore than the foregoing, and as eaſily reducible to practice, is, to drink half a pint of the water as ſoon as you arrive at the well; and, when you have walked or rode, till the load or ſickneſs at ſtomach, occaſioned by it, is gone off, take the ſame quantity, and ſo on, till you have finiſhed your three or four half pints. If no oppreſſion nor ſickneſs at ſtomach ariſes from drinking the water, the draught may be repeated in eight or ten minutes, or leſs, without any danger or inconvenience; and if evacuation is the object of attention, it is in this manner moſt effectually procured.

This rule I have found to agree perfectly with every one whom I deſired to obſerve

obſerve it; nor have I ever found any body at a loſs to underſtand it, though the time it requires to finiſh the neceſſary quantity of water is ſometimes more, though oftener much leſs, than forty minutes.

The ſame rule may be applied to the ſteel or Tuet well water, by ſuch as drink ſeveral draughts of it in the morning; but as it is generally drank through the day likewiſe, it may be taken twice in the forenoon, as often in the afternoon, and once at bed-time. The cuſtom of drinking it at meals I do not approve of, as I am of opinion, that almoſt every mineral water, and almoſt every medicated thing, when taken into a full ſtomach, diſturbs digeſtion, and at night renders the ſleep interrupted and uneaſy, and is likely to produce apoplectic fits, and perhaps ſudden death.

Under this head I muſt inſert the following directions, which, though not ſtrictly related to the ſubject, come in here with as much propriety as they could poſſibly do any where afterward.

Cold water, greedily ſwallowed when one is warm, generally does miſchief, and that in proportion to the largeneſs of the draught and the quickneſs in drinking it. The draught of the ſulphur-water is large enough for this purpoſe, and, on account of its exceeding ill taſte, is almoſt always ſwallowed with the utmoſt precipitation; therefore, though walking or riding be recommended between each draught, neither of them ought to be violent; but, if any one ſhould put himſelf into a ſweat by them, when his time of drinking is come, he muſt put it off a little, and allow himſelf to cool, to prevent the ill conſequences which otherways would probably happen.

Notwithſtanding of what ſome gentlemen have lately alledged, it ſeems evident, that this water contains a pretty large quantity of ſulphur. Sulphur is an exceedingly volatile principle, and eaſily evaporates with heat; for this reaſon the water ſhould always be druak cold when the ſtomach will bear it ſo; when it will not, the

the beſt way of heating it is in a glaſs-bottle of any kind, well ſtopped, and put into moderately warm water, obſerving, that, as ſoon as the ſtopper is taken out, the mineral water ſhould be poured out likewiſe, and drank immediately; for, if it be allowed to remain in the open air while it is warm, the ſulphurious principle will always be flying off, and the water conſequently loſe much of its virtue.

Whether there are any Preparations neceſſary before drinking the Water, and what?

IT is no uncommon thing for people to prepare themſelves for the drinking the ſulphur-water by bleeding, by vomiting, and purging. I ſhall here endeavour to point out when I think the two former neceſſary; the latter, I perſuade myſelf, can ſeldom ever be ſo, as it would be only taking phyſic in order to prepare one for taking phyſic, which would border a little upon the ridiculous.

Bleeding, vomiting, and purging, are almoſt the only things one can do by way of

preparation; therefore, except in the ſubſequent caſes, preparations of all kinds may as well be omitted: For, whatever theory may ſay for them, obſervation has not hitherto demonſtrated their utility.

I have already obſerved, that the ſulphur-water often brings on a giddineſs of the head, during a few days of the firſt trials to drink it; along with this, it ſometimes alſo brings on an unuſual ſenſation of heat and fulneſs all over the body. For this reaſon, thoſe who have travelled far to the wells, or who have come even a day's journey on horſeback, and in warm weather, ſhould reſt themſelves two or three days before they begin to drink, that the blood and other juices which have been overheated with the journey, may have time to recover their original ſtate; otherwiſe the heating quality of the waters, joined to the already overheated conſtitution, may produce various kinds of diſorders, as fevers, inflammations, &c.

For the ſame reaſon, thoſe who are of a hot conſtitution, full of blood, and ſubject

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to fevers and inflammations, ſhould loſe a little blood before they begin to drink the ſulphur-water, or after they have begun to drink it, if they find themſelves more hot and thirſty than uſual, or if their heads ach, or they find an unuſual fulneſs and diſinclination to motion.

It is ſometimes neceſſary to clean the ſtomach before drinking the ſulphur-water, and this chiefly in ſuch as have their ſtomachs loaded with a tough phlegm or bile, which not only tends to obſtruct the good effect of the water, but to make people drink it with more reluctance, and throw it up again, after they had ſwallowed it with difficulty. I have met with ſeveral inſtances of ſtomachs which could not retain the water, till they had thrown up a large quantity of phlegm, after which they drank it with leſs reluctance, and retained it without any difficulty.

Many people drink a glaſs of the water juſt when going to bed, when it is intended to operate as an alterative. The

practice

practice is conſonant to reaſon; but let ſuch as conform to it be cautious to eat little ſupper, and at leaſt two hours before this bed-time draught, otherwiſe the digeſtion will be diſturbed, cholics and other uneaſineſſes of the ſtomach and bowels enſue, which will interrupt the reſt, and render the ſleeps ſhort and unrefreſhing.

I have conſtantly heard people complain much more of the ill taſte and ſmell of this evening doſe than of that which they drank at the well in the morning. In endeavouring to diſcover the reaſon of this, I found it to be owing to their drinking it upon a fuller ſtomach, and, upon trial, I found, that thoſe who could drink it almoſt without any reluctance in the morning faſting, could with great difficulty get down half a glaſs of it an hour or two after breakfaſt or dinner; as alſo to their ſtanding by the maid while ſhe was pouring it out of a bottle, and being in the houſe where the circulating air did not carry away the effluvia; for they could drink it with leſs diſguſt when they walk-

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ed into the open air, or into another room, and made the maid bring them a glaſs which they did not ſtand to ſee poured out.

Steel-waters are generally reckoned aſtringent, and on that account ſome evacuations, as blooding and purging, are for the moſt part ordered preparatory to the uſe of them, leſt they ſhould condenſe and fix more ſtrongly in the conſtitution any ill humours that may be there at the time of drinking them.

Though this reaſon may appear ſpecious at firſt ſight, when more cloſely examined it will fall to the ground. For ſteel-waters do not always act as aſtringents, their effects being frequently quite the contrary; when they do act as ſuch, this action ſeems not to proceed, ſtrictly ſpeaking, from a real aſtringent quality, but from a power they have of correcting, altering, and even ſometimes of evacuating ſome noxious humours in the body: By which alteration or evacuation, the body being freed from the cauſe which weakened

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and relaxed it, again becomes firm and robuſt; but this firmneſs does not ariſe from any bracing power in the ſteel-water, but from its having deſtroyed the cauſe of the weakneſs; and in this ſenſe, blooding, ſweating, or any other evacuation, may be reckoned aſtringent.

As ſteel-waters therefore are not ſo univerſal an aſtringent as they have generally been reckoned, the indiſcriminate uſe of evacuations preparatory to drinking them ſeems to have no real foundation either in theory or nature: Inſtead, therefore, of giving a new ſet of directions how to prepare for drinking them, I ſhall only refer to thoſe already given for preparing to drink the ſulphur-water. But as few people, who are full of blood and of groſs habits, come to drink the ſteel-water, but, on the contrary, ſuch as are weakly and relaxed, who neither need nor can bear evacuations, they will therefore ſeldom be neceſſary as preparatives to this courſe. Though, however weak the patient be, he muſt take care that they do

do not render him too coſtive, as they ſometimes do; and, on the other hand, they muſt not purge him, as they ſometimes do alſo; for either extreme will increaſe his diſtemper, and conſequently his weakneſs. From ſix to ten drops of laudanum taken along with them once or twice a day, will prevent their purging; and, ſhould they bind too much, one ounce and a half of Glauber's ſalt may be diſſolved in a quart of ſpring water, and a tea cup-full taken every night at bed-time, which will commonly procure an eaſy ſtool in the morning, without any griping or uneaſineſs through the night.

Directions for Bathing in the Harrogate Sulphur-Water.

Warm and cold bathing were much uſed by the antients, and conſtituted no ſmall part of their method, as well of preventing as of curing diſeaſes; and, conſidering their utility, both with regard to health and cleanlineſs, it is much to be regretted that the moderns have paid ſo little regard to

 them;

them; becauſe, when properly directed, they ſeem calculated to produce as valuable and laſting effects, as any that ariſe from the moſt celebrated internal remedies.

As bathing in the ſulphur-water is of the greateſt conſequence to ſuch as are troubled with diſeaſes of the ſkin; I ſhall therefore make a few plain and neceſſary remarks on the manner of the operation of the warm bath, previous to thoſe directions for the uſe of it, that the reader may have ſome idea of its nature, as well as of the effects he is to expect from it.

Before any one can comprehend how the warm bath operates, he muſt firſt underſtand what follows concerning the human ſkin.

The human ſkin is exceedingly porous, even more ſo than is almoſt within the reach of credibility: Theſe pores are either the extremities of exhalent or inhalent veſſels: By exhalent veſſels are meant ſuch as convey uſeleſs juices out of the body,

as

as ſweat, &c. by inhalent ones are meant ſuch as imbibe and carry into the body any fluid with which we may be ſurrounded, as air, water, &c. This being premiſed, it is eaſy for the meaneſt capacity to conceive, that a human body, put into a warm bath, muſt, in proportion to the time it remains there, ſuck up a proportional quantity of the water of that bath, with every ingredient that happens to be diſſolved in it. And this appears evident, not only from the body weighing heavier after one comes out of the warm bath, but alſo from the bath-water having loſt conſiderably more of its weight than could have evaporated or been otherways waſted during the operation.

But water, and many things that are diſſolvable in it, not only have a power of entering by the human ſkin, as above deſcribed, but are in that manner more immediately conveyed into and mixed with the blood than any thing can be that is taken into the ſtomach. For every thing that is taken into the ſtomach muſt under-

go the proceſſes of digeſtion, chylification, and ſanguification ; which proceſſes, for the moſt part, produce very conſiderable changes on its nature : But, ſhould they not, a conſiderable time muſt elapſe before they are compleated ; and, after all, the new-made blood, with the medicinal qualities we ſuppoſe it to have received from the internal remedy, can only enter the whole maſs of blood by one particular vein ; and then a conſiderable time more muſt elapſe, before it can be diſtributed all over the body, ſo as to reach the ſeat of a diſeaſe, which happens to be ſituate in a particular and diſtant part, or ſo as to rectify the whole body, ſhould the whole of it be contaminated ; whereas, when a medicine is applied in ſuch a manner as to enter into the body by the ſkin, it then enters into it almoſt inſtantaneouſly, has little time to be changed by any thing it may meet with in its paſſage into the blood, into every veſſel of which it is poured by an innumerable quantity of inlets exiſting in all parts of the body ; and

therefore,

therefore, in this manner, may ſooner produce its effects, either upon the whole body, or any part of it, which happens to be diſeaſed.

From the facility with which warm water enters by the ſkin, and from water being conſiderably thinner than the blood, it evidently follows, that warm bathing muſt tend greatly to thin the blood; for thoſe whoſe blood is already too thin, it muſt, on this account, be improper.

Another obvious effect of warm bathing, is relaxation, which, though not hitherto properly accounted for, is a fact ſo well eſtabliſhed, that we meet with few people of weak and relaxed habits who can bear it, without being rendered more ſo; ſuch people, therefore, if they are obliged to make trial of it for other diſeaſes, ſhould begin and proceed with the greateſt caution, always remembering, that there is perhaps nothing more difficult to reſtore than proper ſtrength and firmneſs to a relaxed conſtitution.

As theſe few obſervations will, I flatter myſelf, give the reader ſome idea of warm bathing in general, I ſhall now give a few plain and ſimple directions concerning bathing in the Harrogate ſulphur-water.

And here, the firſt thing neceſſary is, for the perſon who intends to bathe, to take care that the water he uſes be not mixed; for it is demonſtrably evident that there is more water uſed for bathing almoſt every day at Harrogate, than all the ſprings from which the bath-water is taken can produce in that ſpace of time; the conſequence of which muſt either be, that the bathing water muſt be mixed with other water, or that more than one perſon muſt bathe in the ſame water without having it changed. The firſt of theſe is fruſtrating in a great meaſure the intention of the bath; the ſecond, excluſive of the idea of uncleanlineſs attending it in a place where there are ſo many people with ſores of various kinds, may further be attended with the moſt unhappy conſequences, as the inoculating the bather with ſome hereditary and incurable diſ-

eaſe

eaſe, which ought to be guarded againſt with the utmoſt caution.

Having got a bath prepared entirely of the ſulphur-water, and no part of which has been uſed by any body before, the heat of that bath is next to be conſidered; and in this conſideration we are to be guided by the natural heat of the human blood.

The natural heat of the human blood is generally about 98 degrees of Fahrenheit's ſcale. In conſtitutions that are irritable and eaſily affected with ſudden changes, the bath ſhould only be a few degrees warmer than the blood, nor ſhould even the moſt hardy and robuſt ſport with an overheated bath as a thing of no conſequence. At preſent there is no means of aſcertaining the heat of the bath at Harrogate; but, as it is a matter of much more importance to the bathers than is generally ſuppoſed, I think it neceſſary that every houſe ſhould have a thermometer for this purpoſe, eſpecially as our own feelings are in this caſe very apt to deceive us, and as an over-heated bath may do a great deal of miſchief to many conſtitutions.

I cannot help here cenſuring the preſent manner of bathing at Harrogate, which is to go into the bath conſiderably cooler than it is intended to be made afterwards, and, while you are in it, to keep pouring in more hot water from time to time, till it be almoſt as hot as you can bear it. Were our feelings in all caſes infallible judges of what we could bear with impunity, this practice would be a rational one; but, as this is not really the caſe, it is founded on a falſe principle. For here our feelings are, by the ſlow and gradual increaſe of the heat, made in a great meaſure inſenſible of its force; and ſo cheated out of that power they naturally have of warning us of danger; thus we become not only able to continue in a warm bath ſlowly heated, but even to enjoy it with pleaſure, when of ſuch a degree of warmth as we could not have bore at our firſt going into it.

By this method of heating the patient and the bath gradually together, I have frequently ſeen people enjoying themſelves

ſelves in it, while a perſon immediately come from the open air could not hold his hand in it for the ſpace of five minutes together: A practice which muſt be attended with evils ſo obvious that I need not point them out.

The next thing to be conſidered, is the time requiſite to continue in the bath, for which indeed hardly any general rule can be given, other than that the firſt trials ſhould be very ſhort, not exceeding five or ſix minutes; that the effects ſhould be diligently attended to, and the ſubſequent bathings regulated accordingly.

As the warm bath is not a thing of ſuch indifference as moſt people imagine, my opinion is, that the longeſt time that even the ſtouteſt perſon ought to continue in it ſhould not exceed a quarter of an hour. I know many people are hardy enough to keep in it for twenty minutes, or even half an hour, and to repeat it every ſecond or third night for ſeveral weeks together, without ſuſtaining any apparent injury;

but, on the other hand, the yearly inſtances of injuries ariſing from uſing the bath too warm, and repeating it too frequently, ſhould be a monitor to teach us to beware of falling into the like error.

It is cuſtomary at Harrogate not to begin the uſe of the warm bath till about ten, or more generally, fourteen days after having drank the water. Whence this cuſtom could ariſe, or upon what it is founded, I own I am at a loſs to diſcover; as it ſeems to have no foundation either in reaſon or the principles of medicine. It may perhaps be ſaid, in vindication of this practice, that drinking the water for ſome time prepares the body for the warm bath; but, except in ſome particular caſes, what preparation is neceſſary? ſurely nothing but a gentle purge at moſt, which may be obtained as well by one or two doſes of the water, as by fourteen, or any greater number.

It may further be alleged, in vindication of this practice, that it fits the humours for paſſing more eaſily through the ſkin,

ſkin, by the ſweats procured by the warm bathing: But this is only mere hypotheſis, without any proof to ſupport it; and I ſhall not ſcruple to affirm, that, all other things being equal, any perſon ſhall ſweat as copiouſly by bathing the firſt day after drinking the ſulphur-water, as he ſhall do after having drank it for a much longer period.

It would not only be too tedious, but alſo foreign to my purpoſe, to examine all that may be alleged againſt bathing before the tenth or fourteenth day after drinking the water. In every addreſs to the public, which has utility only for its aim, facts ſhould be preferred to the moſt ſpecious and even candid reaſoning. I therefore lay it down as a fact, that no perſon was ever hurt by bathing in the ſulphur-water the firſt, ſecond, or third day after his arrival, who would not, in the ſame circumſtances, have been equally hurt, though he had poſtponed his bathing till the fourteenth, twentieth, or later. I would therefore adviſe, in all caſes where

bathing ſhall be judged proper, that it be begun, at furtheſt, in a few days after the drinking; and this more eſpecially in diſeaſes of the ſkin, as in them, the ſooner it is begun the better, as they often yield more to two or three bathings, than to a month's drinking; and as many of the patients who come to Harrogate can only ſtay a month or ſix weeks, on account of buſineſs and other neceſſary avocations, by beginning to bathe almoſt as ſoon as to drink, they have an opportunity of uſing it ſeveral times more than if they did not begin it till the fourteenth day, or later.

Old cuſtoms, and the cuſtoms of particular places, take a very tenacious hold of mankind; it is therefore a difficult taſk to deſtroy them: But, however difficult, it ſhould always be attempted when they are bad, and much better can eaſily be ſubſtituted in their place. I have already mentioned ſome things which I think faulty in the preſent mode of conducting the patient while in the bath at Harrogate; and

and ſhall now endeavour to point out what appears to me at leaſt equally faulty in the mode of conducting him after he comes out of it.

Obſervations on the Manner of conducting the Patient after he comes out of the Bath.

As ſoon as the patient comes out of the bath, and is rubbed dry, he is conducted into a ſmall apartment adjoining to the bath-room. In this apartment there is a bed appropriated to ſweating, and to the uſe of every one who chuſes to go into it. Into this bed he is put between two blankets; three or four more blankets are laid over him, and he is ordered to lie and ſweat for an hour. After which he riſes, ſhifts himſelf, and then goes into a low parlour, where he eats ſomething light for ſupper, drinks a glaſs of negus, and then retires, through a long cold paſſage, to his own bed.

Whether

Whether this long proceſs was at firſt inſtituted by ſome formal, pompous phyſician at Harrogate, and afterwards became cuſtomary there, I cannot ſay; but ſure I am, it has nothing but formality to recommend it, ſome parts of it being by much too indelicate to bear being reflected on, and ſuch as I ſhould never have mentioned, but with a view to aboliſh.

I would adviſe all thoſe who intend to go through this proceſs, only to ſit down five minutes, and conſider, that they are going not only into the ſame bed, but into the very blankets, where hundreds have lain before them, and where hundreds have not only lain, but ſweated; that theſe blankets muſt be filled with that ſweat; and that it did not ariſe always from ſound and healthful bodies, but from bodies diſeaſed both internally and externally: And if, after theſe reflections, they can calmly lie down in it, they muſt have little delicacy.

Were

Were declamation the purport of this eſſay, I could paint the going into this bed in ſtill more diſguſting colours;* but, as I only want to convince the underſtanding, and not to play upon the paſſions, I ſhall therefore go on to obſerve, that things not agreeable to the inclination may be, and often are, complied with, when attended with advantages ſufficient to overbalance this fault. But where is the advantage of going into this common bed? Has ſweating an hour in it any advantage over ſweating an hour in any other bed? Is it poſſible there can be any mind ſo weak as to imagine, that a ſweat in it can have any ſuperior virtue to a ſweat in his own?

In endeavouring to aboliſh this practice, it has been objected, that the patient would run a great riſque of catching cold, were he to go immediately from the warm bath into his own room. But does not common ſenſe

* Let ſuch as want to ſee a more finiſhed picture of this ſcene, conſult the deſcription of Harrogate, given by Dr. Smollet in his Humphry Clinker.

ſenſe tell us, that the riſque is as great, if not greater, after having ſweated an hour in this common bed, as it could have been immediately after coming out of the bath? But moſt people are of opinion that common ſenſe has nothing to do with regard to the preſervation or recovery of health: They are, however, miſtaken; for, whenever the rules of phyſic, or of any of the other ſciences, deviate from it, they are no longer to be truſted.

And here I cannot help obſerving, that all the three learned profeſſions have been but too apt to encroach on the prerogative of reaſon and ſenſe, or rather perhaps that man has too tamely yielded up that prerogative to the opinion of his counſellor, his phyſician, or divine. But what deſerves ſtill more particular notice is, that now, in this enlightened age, when the opinion of a counſellor is often ſtrictly and ſcrupulouſly examined, that of a divine doubted and diſregarded, that that of the phyſician ſhould be ſtill ſo implicitly taken by amaz-

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ing multitudes; inſomuch that it is no uncommon thing to ſee a man of wiſdom, learning and prudence, in all other reſpects, tamely ſubmit his judgment to ſome pragmatical doctor, much his inferior in every thing, and that too, not only in phyſical matters of the moſt abſtruſe and intricate nature, but in ſuch as fall immediately under the cognizance of common ſenſe.

But to return to my ſubject: After the patient has ariſen from his ſweating bed, he next goes into a low parlour, where there is a large fire. Here the whole of thoſe who have bathed that evening generally meet, and have a few light things for ſupper; after which they are viſited by as many of their friends and acquaintances as think proper; by whom the room is often ſo much crowded, that, with the large fire, and large company, it becomes almoſt unſupportable: And yet, after ſweating here again for ſome hours, the patient muſt retire to his own bed-room, generally through ſeveral long, cold, and

winding paſſages. I here appeal to common ſenſe, if this practice can be ſafer than to retire to it immediately after coming out of the bath.

From a review of this whole proceſs, the leaſt we can ſay of it, is, that it is far from being well conducted: For the patient is firſt heated in the bath, then cooled in coming out of it; heated again in the common ſweating bed, then cooled between it and the low parlour where he ſups; heated a third time in this parlour, and then cooled between it and his own bed: Where, after all, he is generally heated a fourth time. Might not this be much better managed? Would it not be more conſonant to reaſon and the ſafety of the patient, that he ſhould retire to his own bed-room immediately after coming out of the bath; that he ſhould there eat ſomething light for ſupper, as a poached egg, mutton-broth, or toaſted bread with a little negus, allow himſelf to cool gradually, and then go to bed? Or, if he wants

to

to ſweat profuſely, let him go into bed as ſoon as he comes from the bath, taking care to have by him a little toaſted bread and ſome negus; otherways, the bathing and ſweating together will be in danger of exhauſting his ſtrength and ſpirits too much. Beſides this, he will be the better to have by him ſome white wine whey, of which he ſhould take a little every hour or ſo, as long as he chuſes the ſweat ſhould continue, and a dry ſhirt to put on, in caſe of neceſſity. And, laſtly, let him take care to cool himſelf gradually in the morning before he ariſe.

I cannot finiſh this ſubject without obſerving, that ſweating after coming out of the bath ſeems too much practiſed, and too anxiouſly ſought after, by the generality of bathers, as if the whole efficacy of the bath depended on the quantity of ſweat procured by it; which, however, is far from being really the caſe; for the effects of the bath are not to be eſtimated from, nor do they depend upon, what is

ſweated out of the body after it: but, when mineral water is employed, they rather depend upon what is taken into the body while in it. Did the effects of the bath depend upon what is thrown out of the body after it by ſweating, a ſweat as plentiful, and of as long duration, might eaſily be procured by methods leſs troubleſome, leſs expenſive, and leſs diſagreeable. But, further, many complaints have been relieved by warm bathing, upon which the moſt plentiful ſweats have had no effect; therefore, it is not the ſweat procured by the warm bathing which gives the relief. But the ſweat is all the evacuation produced by the warm bath. And, ſince the relief does not ariſe from what is evacuated from the body, it muſt ariſe from what is abſorbed into it.

For theſe reaſons, I am clearly of opinion, that, in ſuch caſes as do not particularly require ſweating, no body ſhould aſſiduouſly endeavour to force it. Let the general rule be, to avoid the two extremes

tremes of heat and cold after bathing, and to hope for relief, from what the body has imbibed while in the bath, and not from what it ſweats out immediately afterwards.

Since the firſt edition of this pamphlet was publiſhed, an elegant cold bath has been conſtructed at Harrogate, which being a ſteel water, may be of no ſmall advantage to thoſe who are naturally weak and relaxed, or who have relaxed their conſtitutions by too much hot bathing. The beſt time for going into it is in the morning, or it may be uſed in the evening by ſuch as eat no ſupper. In general, however, I would recommend that all thoſe who uſe the cold bath, ſhould not, on the ſame day they go into it, take too much of the ſulphur water, as to purge them, leſt colds, gripes, and other complaints ſhould be the conſequence.

Directions

Directions for the Diet and Drink of the Patients attending at Harrogate.

The firſt great and fundamental rule for diet is temperance, which ought to be ſteadily attended to in every ſituation and condition of life: For, though the ſick, infirm, and valetudinary, are almoſt the only people who feel the immediate ill effects of intemperance, and tho' the ſtrong and robuſt may ſometimes practice it long with impunity, its baneful influence will at laſt blaſt their vigour, and ſap the foundation of the moſt healthful conſtitution.

From the days of the Samian ſage *, down to the preſent, to deter mankind from intemperance, has employed the tongue of the declaimer, the pen of the ſatiriſt, the reaſoning of the philoſopher, and the religion of the divine; and all with leſs ſucceſs than could have been wiſhed, and expected. I ſhall therefore not enter into the ſubject, eſpecially as it has of late been

* Pythagoras, a celebrated philoſopher who declaimed againſt intemperance and eating of animal food.

been fully and conciſely conſidered by Dr. Cadogan, whoſe book is now almoſt in the hands of every one.

Before I proceed, however, let me obſerve to the water-drinkers, that, when a man has hurt his conſtitution by free living, when he has ſeriouſly reſolved to endeavour to reſtore it again to a ſound ſtate, when he has travelled perhaps a tedious journey to Harrogate, and is attending there at a conſiderable expence for that purpoſe; let him not flatter himſelf that he may ſtill indulge and yet accompliſh that purpoſe; let him not vainly ſuppoſe that a few weeks or a few months attendance on the waters, while he is ſtill intemperate, will be able to reſtore a conſtitution which he has been all his life time deſtroying by intemperance; let him not imagine that the effects can ceaſe while the cauſe is remaining; but let him firſt become ſteadily temperate in his eating and drinking; and then he may rationally hope that his endeavours ſhall be crowned with ſucceſs.

Let

Let us now take a view of the diet at Harrogate, and ſee, not only how far it is agreeable to the rules of temperance, but alſo how it is adapted to the nature of a place intended for the recovery of health. We ſhall begin with the mode of breakfaſting, upon ſome parts of which I cannot help paſſing a few ſtrictures. What I have particularly in my eye, is the buttered muffins; not that I think a muffin more unwholeſome than any other kind of bread, but becauſe, being a ſpongy ſubſtance, it ſucks up too much butter for any ſtomach of delicacy to bear with eaſe, and almoſt for any ſtomach to digeſt with propriety.

Muffins ſhould therefore either be much more ſparingly buttered, or intirely laid aſide. Toaſt and butter is in ſome meaſure liable to the ſame objection, tho' not nearly in ſo high a degree, as the bread commonly made uſe of for that purpoſe is not near ſo ſpongy; it would however be better for moſt ſtomachs to lay aſide the

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uſe of both while drinking the water, and in their place to ſubſtitute a little plain loaf-bread, with a little honey, marmalade of oranges, or any other thing that would not lie ſo heavy on the ſtomach; and, as toaſting bread gives it a binding quality, I would recommend it to every one to conſider, before he toaſts it, whether or not he requires it with that quality.

I ſhall not here enter into a particular diſcuſſion of the effects of tea. It has been of late condemned by many phyſicians of credit, and others of the faculty have been its zealous advocates: For my own part, I think it neither poſſeſſed of one half of the good or bad qualities that have been aſcribed to it by its friends and enemies; and therefore ſuch as are accuſtomed to drink, and to find it agree with them at other times, need not abſtain from it on account of drinking the water: Such as find it does not agree with them, may take balm, ſage, or mint tea, or any other liquid that is light and eaſily digeſtible.

Such as have weak delicate ſtomachs, and are apt to throw up, ſhould be careful not to breakfaſt too ſoon after having finiſhed their quantity of water, otherways they will be apt to become ſick, and throw up their breakfaſt, and as much of the water as remains in their ſtomach along with it.

The dinners at moſt of the houſes in Harrogate are furniſhed out in a manner much too luxurious for companies of invalids. Whatever ſtoiciſm may pretend to ſay, there are pleaſures in eating and drinking; and theſe pleaſures, when thrown in the way will ſometimes tempt even the moſt abſtemious to deviate from the rules of moderation and temperance. Temptations therefore ſhould always be avoided when poſſible; but here it is next to impoſſible; for it being a place where perhaps as many people reſort for pleaſure as for health, victuals muſt be prepared to ſuit the ſtrong and healthy as well as the infirm and valetudinary: Let the latter therefore, from the variety of diſhes

diſhes that are generally before them, chuſe ſuch as are lighteſt and moſt eaſy of digeſtion; let them never eat of above one or two things at a meal; for nothing is more deſtructive of health than a variety of different and diſcordant kinds of food thrown into the ſtomach together.

But here it will naturally be inquired, What victuals are moſt eaſily digeſted? Though moſt of the writers on the preſervation of health have endeavoured to anſwer this inquiry, I am of opinion that no preciſe anſwer can be given to it, as ſome ſtomachs more eaſily digeſt one thing, and ſome another: Let every one therefore obſerve carefully what agrees with his ſtomach, and what does not; and let his experience and reaſon direct him to uſe the one, and to avoid the other.

With regard to the quantity of aliment, the beſt rule that can be given is to take as much as is ſufficient to ſupport and nouriſh the body, and not ſo much as will overload the ſtomach, and be difficult to

digeſt: In doing this, every individual has a certain guide, if he will liſten to the dictates of a natural and undepraved appetite, which, whenever he has eat as much as is neceſſary, will prompt him to leave off, by being diſguſted at more. But many appetites are ſo depraved, as to have in a great degree loſt this power of admoniſhing; to ſuch, however, there is another method ſtill open. They may be aſſured that they have committed no exceſs, when, immediately after eating, they can walk, write, or do any neceſſary buſineſs with eaſe and alacrity.

It is cuſtomary not only at Harrogate, but over all Britain, to drink ſometimes ſeveral glaſſes of wine, or of other ſtrong liquors, during the time of dinner; a cuſtom which a little reflection will ſhew to be hurtful to digeſtion, and which conſequently ſuch as have weak ſtomachs ſhould not comply with; becauſe it is evident that all ſtrong liquors, and particularly ſpirits and wines, contribute to harden conſiderably ſuch kinds of meat as are

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put into them; and the harder any meat is rendered it is eaſy to perceive the more difficult it muſt be of digeſtion. I would therefore adviſe ſuch as attend Harrogate for the recovery of health, to drink water or ſmall beer only, at their meals; and, about half an hour after, when the meat is tolerably broke down in the ſtomach, they may take a moderate glaſs of any liquor that agrees with them.

Suppers, at all times, and in all ſituations, ought to be ate with caution, as a ſtate of reſt and inactivity generally takes place ſoon after them, during which digeſtion is more ſlowly performed than in the more buſy ſcenes of active life. But at Harrogate, or any other place, where one attends with a view to recover loſt health, double caution is neceſſary, both with regard to the quality and quantity. The quality ſhould be as ſimple as poſſible, ſuch as chicken, tripe, poached eggs, &c. But it will be ſtill better to refrain altogether from ſolid animal food, and to ſubſtitute in its place mutton or veal broth,

rice

rice gruel, ſago, artichokes, aſparagus, or any of the vegetables that are in ſeaſon: This, however, is no univerſal rule; there are ſome ſtomachs which more eaſily digeſt a ſmall quantity of light animal than vegetable food; every perſon of attention may ſoon diſcover whether this is his caſe and regulate himſelf accordingly.

Though I have already made ſome obſervations on the quantity of aliment neceſſary to preſerve health, I cannot diſmiſs this ſubject without adding, that, when ſleep is neither ſhortened nor diſturbed by what has been ate or drank at ſupper, when there is neither headach nor bad taſte in the mouth next morning, and when we ariſe properly refreſhed, at our uſual hour, we may be aſſured that our meal has not been too large the preceding night.

I ſhall finiſh this ſubject by obſerving, that though I have endeavoured to adapt the few foregoing rules to the water-drinkers at Harrogate, whoſe plan is generally to reſtore a broken conſtitution: yet the moſt part of them may with propriety and uſe-

fulneſs be carried into common life, and will, in that caſe, tend to ſave us the trouble of theſe frequent repairs we are often vainly prompted to expect we ſhall receive from mineral waters and medical preſcriptions. What particular rules may afterwards occur as neceſſary in particular diſeaſes ſhall be taken notice of afterwards.

Of Air.

Air that circulates freely, that is dry, and in other reſpects healthful, is at all times neceſſary, but more particularly ſo at a watering place of this kind, where perhaps one half, or, at leaſt, one third of the people who attend, come from crowded cities, where the air is far from being pure, and where the diſeaſes they come to get rid of have perhaps ariſen from that impurity.

There are few places in England, perhaps none, that can boaſt of a better air than Harrogate; there it circulates freely, is not interrupted by wood, nor rendered humid by ſtagnating water; and, as far as

I can judge, poſſeſſes every thing neceſſary to render it deſireable and healthful. I ſpeak here of High Harrogate, where the air circulates more freely than at Low Harrogate; tho', even at this laſt, it is leſs obſtructed than in many parts of England.

After having ſaid thus much of the goodneſs of the air at Harrogate, all that is further neceſſary, is to perſuade people to take as much of it, without doors, as poſſible, and to endeavour to render it as pure within doors as the nature of the lodging houſes will admit of.

With regard to the firſt of theſe, the only argument I ſhall uſe, is, to lay down theſe ſimple and obvious facts: That air is of all other things the moſt neceſſary to animal life; that good air is conſequently the moſt neceſſary towards health; that the air of Harrogate is indiſputably good; and that many people who are there, have either come from confinement by buſineſs, or crowded cities, nd muſt return to the ſame ſcenes, where they cannot enjoy it in ſuch perfection.

At

At Harrogate, the ſecond demands a very peculiar degree of care and attention; for, in every place where the air does not circulate freely, as in rooms that are ſeldom or never opened, it looſes by degrees its ſpring, and at laſt becomes altogether unfit for being breathed: And this happens ſooner in a room that is inhabited or ſlept in by one or more perſons; for the air in this caſe not only loſes its ſpring, by want of circulation, but likewiſe by being repeatedly taken into, and thrown out of, the lungs; for every time it is ſo taken in and thrown out again, it loſes ſomething of that principle which renders it neceſſary to animal life. This any one may ſatisfy himſelf of, by taking a large bladder full of air, and breathing backwards and forwards into it, through a ſmall pipe, when he will find, that, after he has breathed the air a few times over, it will neither fill up the bladder nor his own lungs; ſo that he muſt be abſolutely ſuffocated, if he does not ſoon breathe freſh air from another ſource.

One ſingle perſon ſleeping in a ſmall room breathes the whole air in it more than once over in a night; hence it is leſs pure than air that has not been breathed; and hence a perſon coming from the freſh air, into a bed-room in the morning, is ſenſible that the air in the bed room is diſagreeable. If two or more ſleep in the ſame room, it becomes thereby ſtill more unwholeſome; and this unwholeſomeneſs increaſes every night, if the room is not well ventilated and cleared of its bad air through the day.

Almoſt all the bed-rooms at Harrogate are ſmall; two people ſleep in many of them; they not only ſtand in great numbers together on the ſame floor, but are two ſtories, one over the other; the houſes, during the warmer months, are generally crowded; and this crowd does not conſiſt altogether of ſound, healthy people, but of a mixture, in which are many infirm and diſeaſed. Hence every lodging-houſe in ſome meaſure reſembles an hoſpital: and hence a great deal of

care

care is neceſſary in airing and cleaning, not only the bed-chambers, but the whole houſe.

I am ſenſible that the bed chambers here are kept as clean as at any public place of the ſame nature; but they are not properly aired, almoſt every one of them being kept perpetually locked up. This may ſeem a ſtrange aſſertion to people who have never been at Harrogate, but may be eaſily explained. Few of thoſe who attend at the wells bring ſufficient conveniences along with them to lock up their clothes and other neceſſaries. There are no conveniences in thoſe bed rooms in which any thing can be locked up; conſequently, they are obliged either to keep their rooms conſtantly locked, or ſubmit to have their neceſſaries ſtolen. Moſt people chuſe rather to riſque ſleeping in an ill-aired room than to loſe their goods; and to this it is owing, that thoſe rooms are conſtantly ſhut, and not ſo well aired as they ought to be.

This evil, which I think of great conſequence, might be eaſily remedied; for, in almoſt every bed-room, there are drawers, which have almoſt all locks, but no keys, owing, as is ſaid, to their being frequently loſt among ſo numerous a ſucceſſion of gueſts. If the landlords on this account will not provide any more keys, I would propoſe that the chambermaids ſhould provide them, either to ſell or to lend, which would be a conſiderable perquiſite to them, the means of having the bed-chamber doors left open, and of having the houſe well aired.

I have inſiſted the more on this article of airing the bed-chambers at Harrogate, as I think it much neglected at preſent, and of the utmoſt conſequence to the weak and ſickly part of the gueſts; and further, as I think it a pity that the good effects of ſo fine an air as is breathed without doors ſhould be counterbalanced by a bad air within.

Of the Exerciſe neceſſary with the Harrogate-Water.

Exerciſe is ſo requiſite to the preſervation of health, that the wiſe Author of Nature thought proper to make it abſolutely neceſſary towards attaining the means of our exiſtence, when he decreed that the ground ſhould not bring forth fruit without culture, and that man ſhould earn his bread with the ſweat of his brow.

But exerciſe, as well as the two foregoing articles, has been ſo fully treated of, by almoſt all the writers on health, that it would be ſuperfluous for me to give any other directions concerning it, than ſuch as are neceſſary for the particular circumſtances of the water-drinkers at Harrogate. But, before I proceed to theſe, I ſhall mention a few things in general, relating to it, which I think neceſſary to be known, as the good or bad effects of it frequently depend upon them.

The

The *firſt* is, that exerciſe is moſt healthful upon an empty ſtomach, and that none, at leaſt of the ſeverer kinds of it, ought ever to be attempted in the contrary circumſtances, except by people of ſtrong conſtitutions, and accuſtomed to labour.

The *ſecond* is, that that kind of exerciſe is the beſt which is performed by a voluntary exertion of our own members, and not by ſome other power by which we are put into, and continued in motion.

The *third* is, that, in whatever manner we exerciſe ourſelves, we muſt obſerve never to exhauſt our ſtrength and ſpirits too much. Many form a reſolution of uſing exerciſe, ſet forward too eagerly in the execution of that reſolution, and finding, that, in their firſt efforts, the body does not keep pace with the mind, they drop the project as abſurd and impoſſible. But let ſuch conſider, that, whoever has been long accuſtomed to inactivity, muſt not flatter himſelf, that he can begin to take much exerciſe all at once; he muſt rather

rather begin by riding, or walking half a mile to-day, a little more to-morrow, and ſo on; and by this means, he will ſoon come to perform with eaſe, what, had he attempted at firſt, he would have found impoſſible.

As exerciſe is moſt beneficial on an empty ſtomach, it appears evident, that the propereſt time for taking it is in the morning. I would therefore adviſe the water-drinkers to repair as early as they can to the wells, and to continue as long walking or riding before breakfaſt as their ſtrength and circumſtances will permit; and, as breakfaſt is generally a light meal, thoſe that incline may ride or walk out about an hour after it, provided the day be not too hot, or provided they can keep themſelves in the ſhade, if it is. Some may think this an idle caution; but I am well aſſured, that though the ſtrong and robuſt may ride or walk long in the ſunſhine with impunity, yet valetudinarians, to whom I am now addreſſing myſelf, do often feel their ſtrength and ſpirits much

more

more exhauſted by it, than it is conſiſtent with prudence that they ſhould riſk. As dinner is generally a much fuller meal than breakfaſt, and takes a much longer time to digeſt, I am of opinion that none of the ſeverer kinds of exerciſe ſhould be undertaken till, at leaſt, ſome hours after it; thoſe who incline, may divert themſelves by going from room to room, playing billiards, &c. but they ſhould poſtpone their riding and walking out till towards the cool of the evening, when ſuch exerciſe will be more pleaſant, leſs fatiguing, and contribute more towards the recovery of their health.

When a ſufficiency of exerciſe has been taken through the day, there is little occaſion for more after ſupper; nor indeed is there much opportunity for it, unleſs it be on ball-nights, when ſuch as have an inclination for dancing, and no other cauſe to make them refrain from it but drinking the waters, may freely indulge that inclination, ſo far as not to exhauſt their

ſtrength

ſtrength and ſpirits. I may, perhaps, here run counter to the opinion of ſome of my brethren of the faculty, as I know that medical ſeverity often forbids dancing to the young and the gay of both ſexes, purely becauſe they are drinking the waters: Till medical knowledge, however, brings ſome better arguments to ſupport this ſeverity than it has hitherto done, I ſhall be of opinion, that, in moſt caſes, a little moderate dancing may aſſiſt inſtead of obſtructing the ſalutary operation of the waters.

As exerciſe, at proper times and intervals, is almoſt abſolutely neceſſary, and univerſally beneficial to the valetudinary, ſo alſo are reſt and ſleep in their proper ſeaſons; it ſhould therefore be a general rule, with all ſuch as are deſirous of recovering health, to go to bed by eleven o'clock at lateſt: By ſo doing, their ſleep will be leſs interrupted, and they will riſe more chearful and refreſhed next morning.

A chearful temper, and a mind not racked by care, nor ruffled by the ruder paſſions, ſhould be a principal part of our ſtudy in our endeavours to recover health; not that I ſuppoſe mankind capable of avoiding care and paſſion in every circumſtance that may happen while they are travelling along the rugged path of life, but I ſuppoſe them capable at leaſt of not throwing themſelves in the way of theſe evils, which too many do, while they venture their fortunes, or what will greatly affect their fortunes, at cards; while they ſit up the greateſt part of the night, now fluſhed with hope, now racked with diſappointment, now ſuſpended in the balance betwixt them; and, after all, whatever way their luck has run, ſpend a part of a ſleepleſs night in bed, and ariſe from it with haggard countenances next morning.

Directions for the Uſe of the Sulphur-Water in external Diſorders.

There are only two methods by which the complaints in which Harrogate-water does good or ill can be properly aſcertained. The *firſt* is the hypothetical, which the nature and component principles of the water, and the nature of the diſeaſe being known, teaches us, from the nature of theſe component principles, to argue what the effects of the water will be upon the human body in ſuch and ſuch circumſtances. The *ſecond* is the experimental, by which, without paying any regard to the component principles of the water, we take a review of what its effects have generally been in ſuch and ſuch diſeaſes; and from thence deduce what its effects are likely to be in thoſe of a ſimilar nature.

The *firſt* of theſe methods is by much the moſt fallacious, being liable to all the uncertainty and obſcurity of human learn-

ing, which, in many caſes, as well as in this before us, has hardly any fixed principles to proceed upon. The *ſecond*, being eſtabliſhed upon facts and experience, is much more certain, though now and then alſo liable to deceive, owing, perhaps, to our not always being able poſitively to determine, whether this or the other diſeaſe be exactly of the ſame nature with thoſe that we have known formerly cured by Harrogate water.

As the method of inveſtigation by experience is ſlow, depending upon ſo many facts, which are neither eaſily collected, nor compared, and whoſe collection is ſeldom made, nor compariſon attended to with a ſufficient degree of caution and impartiality, the improvements in medicine made in this way are, hitherto, neither ſo many nor ſo great as might naturally have been expected, conſidering how long it has been ſtudiouſly cultivated as a ſcience. Some of the ſubſequent directions I ſhall therefore be obliged to give from principles, facts not being as yet ſo

numerous

numerous as to enable me to give a general directory for the uſe of Harrogate water.

The ſulphur-water at Harrogate, was for a long time either reckoned too offenſive, or perhaps too dangerous, to be taken internally; and therefore was at firſt only preſcribed as a bath or waſh, in diſeaſes of the ſkin, many of which it annually cured ſolely by this external mode of application; but when, in proceſs of time, it came to be uſed internally alſo, its efficacy in removing thoſe diſeaſes became ſtill more ſtriking and obvious: So that at preſent, great numbers of people afflicted with them, reſort to it from all parts of Great-Britain and Ireland; and, as many of theſe are not able to afford proper medical advice, I ſhall endeavour to make the following directions as uſeful to them as poſſible.

The firſt diſeaſe of the ſkin I ſhall mention is the Scurvy, which is divided into two kinds, the land and the ſea ſcurvy. What is generally known by the name of land

land ſcurvy, is for the moſt part a foul ſcurfy eruption, ſometimes over the whole body, ſometimes only over a part of it, attended with itching, purple, or blueiſh ſpots, &c. The ſea-ſcurvy, joined to the ſymptoms of the land-ſcurvy already mentioned, is generally attended, in its more advanced ſtate, by a ſtiffneſs or total immobility of ſome of the joints; for the moſt part thoſe of the knees, with looſe, ſpongy, bleeding gums.

Whether the Harrogate water is as uſeful in the ſea as in the land-ſcurvy has not yet been properly aſcertained; as but few people with real genuine ſea-ſcurvies have hitherto attended it; but, from the benefit received by ſome of thoſe few who have attended it, it is reaſonable to expect conſiderable benefit from it when properly managed.

The ſcurvy, whether of the ſea or land kind, is a diſeaſe that cannot bear a great deal of evacuations; therefore ſuch as are afflicted with it ſhould not drink ſo largely of

of the Harrogate water as to purge them much. The principal thing they want is to have the nature of their blood and juices changed; but few, if any, purgatives have a power of doing this, when they operate only as purgatives. They ſhould therefore drink the water in ſmaller quantities, and at longer intervals; as, for inſtance, half a pint, or a little leſs, in the morning; and repeat it in the forenoon, afternoon, and at bed-time. By this method, the water, inſtead of running almoſt intirely off by ſtool and urine, has time to enter into the blood, to change its nature, and eradicate all the lurking ſeeds of the diſtemper.

Such as, along with their other complaints, have ſtiff joints, ought to bathe them in the warm ſulphur-water, for an hour together, every evening and morning, or oftener: They may likewiſe hold them over the ſteam of the water; or it will be ſtill better, if they can get one of the ſmall vapour-bath machines, which are conſtructed ſo as to direct the ſteam

immediately

immediately upon the diſeaſed part. With this machine they may bathe three or four hours every day; which has frequently done a great deal of good in theſe complaints, even when only fountain water was made uſe of. After the joint has been thus bathed, either in the warm water itſelf, or in the vapour ariſing from it, let it be gently rubbed dry, anointed with oil of almonds, or any other ſweet oil, wrapped in flannel; and let it always be remembered to endeavour every day to move the ſtiff joint gently backwards and forwards in ſuch a manner as not to give much pain.

It is of the utmoſt conſequence, not only in the ſcurvy, but in all diſeaſes of the ſkin, to bathe either the whole body, or the parts more particularly affected, in the ſulphur-water; and the patient, immediately before he goes into the bath, ſhould be well rubbed with a fleſh-bruſh; or, if he cannot bear the bruſh, with a piece of warm flannel. This not only opens the pores of the ſkin, but takes off alſo the ſcurf, which in theſe caſes is uſually upon it;

it; by which the water not only enters more eaſily into the blood, but likewiſe gains a more free acceſs to, and applies itſelf more intimately to all the little ſores upon the ſkin, deſtroys their malignancy, and heals them up ſooner.

Experience has now fully demonſtrated to us, that all the acid fruits, as lemons, oranges, &c. are not only the moſt powerful preventatives againſt, but alſo the moſt certain remedies for curing the ſea-ſcurvy: But whether they anſwer as well in the land-ſcurvy, is not yet fully aſcertained. If, however, we reaſon from the ſimilarity of the one diſeaſe to the other, we ſhould expect that thoſe fruits ſhould be alike uſeful in each of them. I would therefore adviſe, that the diet of all ſcorbutic patients ſhould, in a great meaſure, conſiſt of the ripe fruits and vegetables of the ſeaſon; all of which have a greater or leſs antiſcorbutic power, and all of which will aſſiſt the operation of the water in expelling the ſcorbutic taint from the blood.

I am aware here, that the greater part of thoſe who attend Harrogate, are afraid of eating fruit, leſt it ſhould diſagree with the water: Whether this ariſes from cuſtom, or is inculcated by their phyſicians, I know not; but I think I may venture to pronounce it an unneceſſary caution, as there is nothing in the water that can change the nature of fruit into any thing hurtful, and nothing in fruit that can counteract the virtue of the water: But, notwithſtanding of what I have ſaid, fruit ſhould always be taken moderately, and only by ſuch with whoſe ſtomachs it has been accuſtomed to agree.

Almoſt every diſorder where there is any foulneſs of the ſkin, whether with, or without itching, is at preſent denominated ſcorbutic, and Harrogate water is univerſally applied to whatever is ſo denominated. But even this does not render it neceſſary that I ſhould enter into a critical examination of what is really ſcorbutic, and what not; as there can be no great miſtake in making uſe of this water in any

any of the diſeaſes of the ſkin, it being for the moſt part ſerviceable in all of them, of whatever kind and denomination, if ſufficient time is given it to rectify the blood and juices, and its virtues are not deſtroyed by intemperance and other vices. But ſufficient time is ſeldom given it, as it is cuſtomary for moſt people, before they ſet out on their journey to Harrogate, to fix the time of their reſidence there; and this time they generally punctually obſerve, whether the waters have agreed with them or not: A practice which needs only be conſidered, in order to be rectified.

The leproſy is a diſorder of the ſkin that ſeldom appears in this country; a few patients afflicted with it have attended at Harrogate, and received conſiderable benefit. They ſhould uſe the water in the ſame manner as thoſe that have the ſcurvy.

The itch is another diſorder of the ſkin, on account of which ſeveral people attend at Harrogate every ſeaſon: If they are not within a few miles of it, this is giving

themſelves a needleſs trouble and expence. But, when ſuch do attend, all that is neceſſary for them to do, is to go about five or ſix times into a bath of the ſulphur-water, and have their ſkins well rubbed with a fleſh-bruſh every time they are in it; by which, without drinking the water, they will be cured, if the diſorder has not been very inveterate, and of long ſtanding.

Beſides the diſeaſes attended with foulneſs and itching of the ſkin, great numbers of people, with ſores of all kinds, attend every ſeaſon at Harrogate, expecting, and ſometimes finding a cure there, when every other remedy has been tried to no purpoſe.

As a great many of theſe ſores are of the ſcrophulous kind, a few directions to ſcrophulous patients, on that account, become neceſſary.

As experience has not hitherto pointed out to us, that purging has ever done any conſiderable ſervice in this diſorder, it follows, that, if the ſulphur-water is to do

any

any ſervice, it will not be by taking it in quantities large enough to purge every day; it will therefore be better for ſcrophulous patients to drink it as above-directed in the ſcurvy, only with this difference, that, about twice a-week, they take as much of it as will give them a few ſtools; as ſcrophulous people can bear purging, without loſs of ſtrength, which thoſe that are ſcorbutic cannot; and as a little purging may, perhaps, co-operate with the other intentions of the waters.

Let ſuch patients alſo waſh their ſores evening and morning, or oftener, in the ſulphur-water, a little warm. They ſhould alſo bathe in it twice a-week, if their conſtitutions will bear it; lay rags dipped in it over their ſores, and change them pretty frequently.

All I think neceſſary to add on this ſubject is, that, if any benefit is expected from the water, in this diſeaſe, the patient muſt ſtay longer than almoſt for any other; and, after all, we can only tell him,

him, that, perhaps, the violence of his diſtemper may be checked or palliated; for there are but few inſtances of mineral-waters, or medicines of any kind, ever having completely cured the ſcrophula; tho' thoſe who are young of either ſex frequently get clear of it about the time of puberty.

Sores that are not of a ſcrophulous kind, but have ariſen from debauchery and intemperance, are often cured by the ſulphur-water. As the body is generally, in thoſe caſes, loaded with foul humours, it ſhould be drank, in a quantity ſufficient to purge, about four or five times a-week, and uſed on the other days as an alterative.

Sores of this kind are nothing more than drains of the ſuperfluous humours, inſtituted by nature to ſave the whole body from deſtruction. Purging with the Harrogate water ſupplies the place of theſe drains, and alſo clears the conſtitution of all the ſuperfluous humours; in conſequence of which, there is no further uſe for the ſores, and nature fills them up. But the ſame

cauſes

cauſes which firſt gave them birth, will ſoon make them break out afreſh. Temperance, exerciſe, and regularity, are therefore neceſſary.

Directions for the Uſe of the Sulphur-Water in internal Diſorders.

The ſulphur-water of Harrogate ſeems leſs extenſively uſeful in the internal than in the external diſeaſes of the human body. There are, however, ſeveral of the former, in which it is among the moſt uſeful remedies with which we are as yet acquainted. Some of theſe I ſhall now take notice of, and to thoſe labouring under them, give a few directions how they ſhould manage themſelves during a courſe of this water.

I begin with worms, for which the ſulphur-water is one of the moſt ſovereign remedies yet diſcovered. The ſymptoms of worms are very fallacious, but the moſt common of them are.

An

An itching in the noſe, a bad breath, a depraved and unequal appetite, pale dejected countenance, yawning, hiccup, hardneſs and ſwelling of the belly, looſeneſs, grinding of the teeth, irregular feveriſh fits, and a ſwelling of the upper lip; which laſt is reckoned, by a learned phyſician, a more certain ſign of worms than any other.*

Worms are ſeated either in the ſtomach or guts; but, wherever they are ſeated, pretty large doſes of the water are neceſſary, both to deſtroy and carry them off. It ought therefore to be drank in a quantity ſufficient to give three or four ſtools every ſecond day; and, on the other days, two drachms of powdered tin ſhould be taken evening and morning, in a little conſerve of roſes, which will aſſiſt the water in deſtroying theſe vermin, and render them fit to be carried off by the next day's water.

If the worms are ſeated low in the guts, which

* Dr. Home, Profeſſor of the Materia Medica in the Univerſity of Edinburgh.

which thoſe of the ſmall kind generally are, then giving the water by way of glyſter, as well as drinking it, becomes neceſſary: For this purpoſe, about half a pint of it ſhould be made milk-warm, and thrown into the bowels, in the ſame manner as a glyſter: This ſhould be done after the patient is in bed, when the horizontal poſition of his body will favour its getting further up into the guts, than it could poſſibly do, in his upright poſture, through the day; as alſo, that it may be the longer retained, and thereby have leiſure to inſinuate itſelf into all the neſts and lurking places of the worms.

An injection may be given in this manner every night, or every ſecond night; by which means theſe worms will be ſooner and more effectually deſtroyed, than by drinking the water only. When they are fairly eradicated, let the patient beware of eating ſuch food as contains the eggs of inſects; as there are ſtrong reaſons to ſuſpect that of thoſe they are bred in the human ſtomach and bowels.

Jaundice.

The jaundice is a diſeaſe ſo eaſily diſtinguiſhed from all others, that it needs no deſcription: It is frequently cured by the ſulphur-water, after a variety of remedies have been taken to no purpoſe. In this caſe, the water ſhould be taken in ſuch a quantity as to purge three or four times a day every ſecond day, or oftener, if the conſtitution can bear it; as there is hardly any diſeaſe that requires more purging than the jaundice; on the intermediate days, two drachms of Caſtile ſoap may be taken, one half in the evening, and the other in the morning.

There are few of the internal diſorders in which the warm bath anſwers better than in this, as it tends to relax the ducts of the gall bladder, and ſo opens a paſſage for the obſtructing matter; as alſo to facilitate the paſſage of the excrement, which in this diſeaſe is commonly voided with difficulty.

Rheu-

Rheumatiſm.

In the acute rheumatiſm, or rheumatiſm attended with fever and inflammation, the ſulphur-water cannot properly be uſed; but in the chronic, or ſlow rheumatiſm, where there is a ſtiffneſs and rigidity of the joints, ſo as either to hinder their motion altogether, or to render it exceedingly troubleſome and uneaſy, bathing in the warm ſulphur-water has often had very good effects: And, in this caſe, I would recommend ſweating after the bath; but let the patient ſweat in his own bed; let him alſo go into the bath twice, and ſometimes thrice a week, if his conſtitution can bear it with impunity.

As it is eſſentially neceſſary in this, as well as in moſt other diſeaſes, that the belly be kept open, a little of the water taken every morning, or every other morning, ſo as to procure one, or, at moſt, two eaſy ſtools, is neceſſary.

Cholic.

The attack of the cholic is generally ſo ſudden, and its duration ſo ſhort, that the ſulphur-water of Harrogate can ſeldom be applied, except to ſuch perſons as either live at or in the neighbourhood of the wells: My deſign, therefore, is not to inculcate the application of it during the fit of the cholic, but in the intervals between the fits, to eradicate the cauſe from whence they proceed.

In all cholics that proceed from indigeſtion, and a quantity of the indigeſted remainder of the meals being from time to time left in the ſtomach and bowels, till it become large enough to produce a fit of the cholic, the ſulphur-water may be drank with advantage; as alſo in all ſuch as proceed from coſtiveneſs, and from hardened excrement ſtopping up the paſſage of the gut where it lodges. This laſt misfortune, if I am not miſtaken, happens chiefly to old people, either, perhaps,

haps, from a defect of moiſture in the conſtitution, or in the aliments made uſe of, and is frequently removed by ſwallowing a ſpoonful of Florence oil every night at bed-time. Such as attend Harrogate for coſtiveneſs of this or any other kind, ſhould only drink the water in ſuch quantities as to procure them one eaſy ſtool a day, and at any rate never more than two. If the coſtiveneſs ariſes from a contraction of any of the guts, or of any part of them, the warm bath will then be of ſervice.

Beſides the cholics attended with coſtiveneſs, which are the moſt dangerous, there are others attended with violent gripings and purging; ſuch generally ariſe from ſome irritating matter lodged in the bowels, and require the water to be taken in larger quantities to purge it off.

There are others ariſing from nervous affections; in them there ſeems to be no indications for the ſulphur, but rather for the ſteel-water.

Haemorr-

Haemorrhoids or Piles.

The Piles is a diſorder which frequently ariſes merely from coſtiveneſs, and ſometimes alſo from looſeneſs; in either caſe, the irritation on the gut produces little hard ſwellings, generally about the bigneſs of common beans, exceedingly troubleſome to the patient, almoſt in every poſition; but peculiarly ſo when going to ſtool.

As nothing is of more conſequence in the piles, than to have a gentle eaſy ſtool, not leſs than once, and not more than twice a day, ſo nothing anſwers this purpoſe better than the ſulphur-water, as, of all purges, it is the moſt mild in its operation, and attended with the leaſt griping or ſickneſs. The doſe of it, which generally anſwers the purpoſe of procuring only one or two ſtools a day, is about a pint and a half early in the morning, and taken at two different times, intermitting between them about 15 or 20 minutes; but, if this ſhould be found either too much or too little, it requires only a little attention, either to augment

or

or diminiſh it, ſo as to make it anſwer exactly what is neceſſary.

By continuing the uſe of the water, in this manner, for ſome weeks, the piles are generally much relieved, if not altogether eradicated, as the irritation on going to ſtool, which, perhaps, firſt gave riſe to, and afterwards continued them, is hereby taken off; but the cure will be much ſooner performed, if, at the ſame time, the patient goes into the warm bath twice a week, which will ſoften and relax the parts affected, and give preſent relief from, as well as future ſecurity againſt the pain. I have known a few caſes where the piles have been cured by the ſulphur-water, after every medicine generally taken in ſuch caſes had been uſed to no purpoſe.

There is hardly any diſeaſe that requires more temperate living than the piles, the leaſt immoderation either in eating or drinking, will infallibly render them worſe, and retard the cure.

Dropſy.

Dropſy.

The dropſy is a diſeaſe which one would naturally conſider as moſt likely to be cured by almoſt total abſtinence from all kinds of liquids; and there have been ſeveral inſtances, where an uncommon degree of reſolution in abſtaining from drink has performed a cure, after every other remedy had been tried to no purpoſe.

Notwithſtanding of this, when we caſt our eyes over the hiſtory of this diſeaſe, we find ſeveral caſes of patients who have been cured by drinking mineral waters; and what is ſtill more extraordinary, ſeveral alſo who have been cured by drinking immoderate quantities of various other liquids, a practice which of late has been attended with more ſucceſs than any thing that has been hitherto attempted for the cure of that diſtemper.

It ſeems a neceſſary requiſite in every mineral water made uſe of for the cure of the dropſy, that it ſhould purge. Harro-

gate

gate ſulphur-water poſſeſſes this requiſite, and ſeems to be as well qualified otherwiſe for performing the cure, as any mineral water in Britain.

In this diſeaſe, ſmall doſes of the ſulphur-water are generally of little or no uſe; it is therefore neceſſary to take it in ſuch a quantity as will purge pretty briſkly; and a peculiar degree of attention is here alſo neceſſary to diſcover, whether the quantity of matter evacuated by urine and ſtool be greater than the quantity of the water that is taken in; if it be, the patient may ſafely proceed in his drinking; if not, he muſt proceed with caution, having, while that is the caſe, no flattering proſpect of advantage.

When all, or the greater part, of the water in the belly is evacuated by the uſe of the ſulphur-water, the body is always left in an exceedingly relaxed ſtate; a courſe of the ſteel-water, therefore, and other ſtrengthening medicines, become neceſſary: Nor indeed, from the moment that

the belly begins to decreaſe, ſhould we ever neglect to keep it ſwathed with a roller or belt, which we can conſtantly make tighter in proportion to that decreaſe.

Indigeſtion and Complaints of the Stomach.

Indigeſtion is the fruitful ſource from which almoſt all the complaints of the human ſtomach proceed. The general cauſes of indigeſtion are, eating and drinking too much, hard ſtudy, and inactivity of life. Beſides theſe, there are others which ought carefully to be avoided, though it would be too tedious here to mention them ſeparately.

When indigeſtion proceeds from the ſtomach having been for ſome time overloaded, without having loſt much of its ſtrength, let a gentle vomit be taken firſt; then let the ſulphur-water be taken in ſuch a quantity as to procure two or three ſtools about four or five times in the week, if the conſtitution can bear it. This method, by carrying off the ſuperfluous load,

will

will ſoon render the body briſk and active, and reſtore the power of the ſtomach, provided care is taken not to indulge a falſe appetite in this and many other caſes often created by the water.

There are few diſeaſes in which the operation of the Harrogate-water is more various and uncertain than in thoſe of the ſtomach. I have known many inſtances of people, who, for years together, have been troubled with a load on their ſtomach after eating, with ſour belchings, and almoſt all the other ſymptoms of indigeſtion, who have, at laſt, been cured by this water; on the other hand, I have known ſeveral, whoſe complaints ſeemed exactly the ſame, and yet received no benefit, but rather hurt from it, though the trials were made with a ſufficient degree of regularity and perſeverance.

After the moſt diligent enquiry into this ſeeming contradiction, it appears to be thus: That ſuch as are troubled with the above complaints, and, at the ſame

time, can bear evacuations, and have no remarkable weakneſs of nerves, generally find relief from the ſulphur-water; whereas, ſuch as cannot bear evacuations, and are of a weak relaxed ſtate of nerves, from the uſe of it ſeldom find relief, but rather an increaſe of their complaints. I would therefore adviſe ſuch as have weak nerves, to begin it with caution, and leave off the uſe of it ſoon, if they find it does not agree with them; ſuch as are troubled with indigeſtion, and at the ſame time have ſo weak and relaxed a habit, that they cannot bear evacuations, ſhould drink the ſulphur-water frequently, and in ſmall quantities, and uſe the cold bath along with it.

Indigeſtion is among the moſt obſtinate of all diſeaſes, and generally accompanied with a long and vexatious train of ſymptoms, as load and oppreſſion on the ſpirits, headachs, habitual coſtiveneſs, wind in the ſtomach and bowels, &c. The mode of late years has been, to endeavour to remove all theſe by a regimen perhaps too rigidly abſtemious; but, ſo far as my acquaintance

quaintance hath reached, ſuch as have put themſelves under this regimen have profited but little by the experiment. Such, therefore, as deſire relief from the ſulphur water, muſt neither too ſcrupulouſly reſtrain, nor too riotouſly indulge their appetite.—Health is not the reſult of extremes.

Of the Gout.

Of late years, ſince the gout became ſo faſhionable a diſtemper in England, it has been almoſt as faſhionable for thoſe who were, or thought themſelves, afflicted with it, to repair to ſome one or other of the watering places, in order, either to procure relief from the diſtemper when already formed, or to make it form into more regular fits; and, among the other places lately reſorted to for this purpoſe, Harrogate has had a ſhare of patients of both ſorts.

The experience of mankind ſeems to vouch, that there are ſome mineral-waters that have a power of haſtening a fit of

of the gout, where that diſtemper is already lurking in the conſtitution; but that power only reſiding in a few, has, by a miſtake in reaſoning, been ſuppoſed to be diffuſed over a great many: for it ſeems to be a fact, that more people have an attack of the gout, while attending mineral-waters, than almoſt in any other ſituation or circumſtances; hence ſuch attacks have generally been attributed to the mineral-water they have been attending. But a little attention to the ſubject will point out to us other cauſes perhaps more powerful than many of the mineral-waters reſorted to, either in this or other parts of the world.

At all places where numbers of people are gathered together to uſe mineral waters, large quantities of victuals are provided, and elegant, or, at leaſt, plentiful tables generally kept; hence many are induced, by variety, to indulge their appetite, and, by company, often to take a liberal glaſs; and to theſe cauſes, in my opinion,

opinion, the frequent attacks of the gout at ſuch places, are more owing, than to the waters themſelves.

But, though theſe indulgences at many of the watering places may be the ſole cauſes of a fit of the gout, there is in the Harrogate water itſelf a quality which may likewiſe do it. Experience has taught many of thoſe afflicted with this diſtemper, that uncommon evacuations of any kind have a power of bringing on a fit; therefore to the purging quality of the Harrogate water may this fit often be attributed. But this is a method of obtaining it, which cannot be reckoned adviſeable; as it is like weakening a garriſon in order to give the enemy an opportunity of attacking it with greater advantage.

Such as have been ſubject to regular fits of the gout, are more liable to have them brought on by large evacuations, than ſuch as have only an irregular gout, emulating a variety of other diſeaſes. Theſe laſt are generally, in this caſe, rather attacked

tacked with violent ſickneſs at the ſtomach, pains and giddineſs in the head, things in themſelves dangerous, peculiarly ſo when ariſing from a gouty cauſe; and, therefore, what one would rather wiſh to avoid, than to procure by art. Harrogate ſulphur-water, for theſe reaſons, does not promiſe much in gouty habits, as its greateſt power ſeems to be that of bringing on a fit by means of evacuating, which any other purge would as effectually accompliſh.

FINIS.

AN

ACCOUNT

OF A

very infectious DISTEMPER prevailing in many Places.

Dumfries, Auguſt 21. 1769.

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AN

ACCOUNT

OF A

Very infectious DISTEMPER prevailing in many Places.

MANY years ago, a diſtemper appeared in this and ſome of the neighbouring counties, which, at firſt, gave no apprehenſion to thoſe affected with it, of any thing more than a ſlight and common ailment; but was ſoon diſcovered to be of the venereal kind, or the *foul diſeaſe*. It has prevailed ever ſince, in a greater or leſs degree, at different periods, in different places; ſometimes indeed abating both in ſtrength and frequency; it ſeemed to be ſo much upon the decline,

as

as to give hopes that it would intirely ceaſe. But, if at any time it lay unactive, and, in appearance, almoſt extinguiſhed, it was only to break forth again with redoubled force, or ſome new and more aggravated circumſtances. Great are the perplexity and diſtreſs, the ſuſpicion and terror cauſed by it where-ever it comes; and hitherto nothing has been able to prevent the ſpreading of it. As this is a matter of general concern, becauſe every one is more or leſs in danger, and no particular notice has been taken of the diſeaſe, it was thought proper, in this public manner, to give ſome account of it in its various appearances, the progreſs it has made in theſe parts, and how it is propagated; in order to ſhew by what means it is moſt likely to be ſubdued, and, if poſſible, exterminated. It is believed to have been brought into the low country from the highlands, where it prevails under the name of SIBBENS or SIVVENS, and tradition has it, that it was firſt introduced into that part of the kingdom, in the time of Cromwell, by

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the ſoldiers he put in garriſon there. With us it is frequently, but improperly, called *the Yaws*; which is a very different malady. From a ſuppoſed difference of cauſes, ſome imagine, it is as improper to call it venereal. However, to expreſs in ſome ſort the nature of it, it is here claſſed with a diſeaſe, to which, if not the ſame, it has an exact reſemblance, both in its ſymptoms and cure; and it is no leſs infectious.

1. It firſt appeared here in the form of a ſore throat, or an inflammation of the *uvula* or *pap of the hawſe*, as it is termed, and neighbouring parts. The *tonſils*, or *almonds of the ears*, were often ſuperficially ulcerated, appearing either raw, or covered with a white ſlough. Frequently, there was a thruſh, that is, *white ſpecks and ſloughs*, upon the roof of the mouth and inſide of the cheeks and lips, which commonly ſhewed itſelf at the corners of the mouth, in a ſmall riſing of the ſkin, of a pearl or whey-colour; where likewiſe a very ſmall excrecence or *fleſhy ſprouting* like a raſp, often appeared,

appeared, which turns into a ſcab, and is a pretty ſure ſign of the diſeaſe, although there be no thruſh or ſore throat. Sometimes there was a hoarſeneſs. The uvula has been deſtroyed by it. Children on the breaſt ſeized with it in the mouth and throat, periſhed for hunger, not being able to ſuck or ſwallow. In a few inſtances the ſubmaxillary glands, or *kernels under the lower jaw*, have been conſiderably ſwelled.

2. ACQUIRING greater ſtrength, and affecting more the habit, it appeared in the form of ſmall puſtules, or *bluſhes* of a dirty hue, which breaking left a dry cruſt, with blueneſs around, and ulcerated deep into the cellular membrane, or *fatty part below the ſkin*. Children moſtly were the ſubjects of it in this form. Theſe puſtules chiefly occupied the belly, groins, and ſides; ſometimes they were ſeen on the face. The ulcers uſually made but ſmall progreſs; being, for the moſt part, no bigger than the top of one's finger or thumb; ſome long, ſome round, others irregular, and pretty clean, with

ſlightly

ſlightly inflamed lips, or *edges*. In ſome inſtances however, running together, they ſpread to a great extent; ſo that all the fatty membrane of the belly below the navel, has been laid into one large foul ulcer, with ſuch intolerable and peculiar ſtench, that thoſe in this condition might be ſaid to be rotten before they were dead. In ſome children the whole ſcalp has been in a mortified ſtate, the ears ready to drop off. Smaller ulcers formed likewiſe on the breaſt and face, covered with a purulent or *mattery* ſlough, and always remained in a dead ſtate, without pain or inflammation, and hardly ever growing larger.

3. STILL increaſing in malignity, it aſſumed another appearance. Boils here and there, ſuppurating or *healing*, formed ulcers in different parts, in the arms, ſhoulders, face, legs, and feet; and penetrated as far as the muſcles or *fleſhy parts*, leaving them quite bare, and ſeeming to eat ſuperficially into them. They were of a high florid colour, without any matter to defend them, except a little ichor,

or

or *watery humour*, which made them exquiſitely painful, and ſo tender, that ſcarcely would they bear the mildeſt application. The lips were hard and ragged. Some of them were very large, others but ſmall; and, viewed ſingly, might eaſily have been miſtaken for real cancers; but the number of them, ſometimes the manner of their coming on, and other circumſtances, ſoon determined to what kind of diſeaſe they belonged.

4. It has been known, though rarely, to affect the bones, but never, with us, the large and more ſolid ones. Several have loſt teeth with the ſockets; and ſome of the bones of the cheeks and noſe have come away. A portion of the *alæ naſi*, or *griſtly part of the noſe*, has been deſtroyed by it.

5. When it affected the ſkin only, penetrating no deeper, or very little, it appeared in various ſhapes. The whole ſurface of the body has been obſerved mottled or *flecked*, of a duſky copper-colour, or dirty red, as the diſcolourings of the ſkin in this diſeaſe commonly are.

Infants

Infants of the month have had a redneſs in the lower part of the belly, buttocks, thighs, and part of the legs, where ſometimes it terminates abruptly in a ring, and has been ſuſpected for the diſeaſe. In ſome of theſe there was an inflammation, and watery ſhining ſwelling of the pudenda, or *natural parts*. A more certain appearance in ſuch ſubjects ſomewhat older, are broad red patches, as large as the palm of the hand, over all the trunk, as well as limbs, attended with inflammation. A cluſter, or cluſters, of ſmall puſtules come out; the ſkin grows dry and peels off, leaving a new tender ſkin beneath; and this will happen a great many times, ſometimes in one place, ſometimes in another. Scabby eruptions were often met with on the ſcalp, forehead, inſide of the thighs, groins, and parts contiguous; where frequently ſmall hardneſſes, juſt within the ſkin, cauſed very troubleſome itching. Inflammation, foreneſſes, and excreſcences about the fundament were frequent. It has appeared too on the breaſt, ſhoulders, and

elſewhere, as a *herpes exedens*, or *eating tetter*; healing in one part while it broke out in another adjoining, and leaving great deformity of the ſkin. Of late, ſome have been ſeen with tubercles, or *little hard knots*, upon the face, pretty numerous, in figure and ſize reſembling ſmall-pox at the height, but of a reddiſh colour. They are attended with great heat and tumor, ſo as ſometimes to ſhut up the eyes. One had them ſpread thick over the whole body with matter, as in the confluent ſmall-pox, and died when the ſwelling began to ſubſide. In others, when not ſo numerous, they gradually decay without coming to matter. Some have the tumor without tubercles; the ſcarf-ſkin throwing off, from time to time, in fine, white, net-like flakes, as ſoon as renewed. From ſmall bright red ſpots, tubercles, redder than thoſe juſt mentioned, are produced. Theſe run together in ſome places, and form a flat ſmooth riſing, which now becomes of the uſual colour of the ſkin, and may ſlightly ulcerate. It ſhews itſelf likewiſe in a foulneſs

foulneſs of the face of different kinds; ſometimes with the ſame ſort of eruption over all the body.

THERE are other appearances and circumſtances not ſo neceſſary to be known, as they may be thought too minute, or do not ſo generally occur, and therefore are omitted. One great ſymptom, however, muſt not be paſſed over, which, though it has never been obſerved here, is common enough in other places.

6. AN itchy tetter, or ringworm, breaks out in a round form, which, by ſcratching, or of itſelf, turns raw, and does not ſcab, but oozes an ichorous humour. In a ſhort time a fungus, or *ſpungy ſubſtance*, ſprouts up, much like a raſp or a ſtrawberry, elevated one half above the ſurface, and, when fully formed, appears as if ſet in a ſocket cut in the fleſh exactly to receive it.

BUT ſometimes the ſore is cruſted over with a black ſcab, except at the edges, where there is a crack or ring, like the line of ſeparation between a mortified and a ſound part; from which the ſame

ſort

ſort of humour is conſtantly drilling. By degrees the crack enlarges towards the middle, and the ſcab, puſhed off, gives place to the fungus juſt now deſcribed. At other times the ſpungy excreſcences ſucceed a dark or grey ſcarf, reſembling ſome kind of leproſy. The parts are very itchy, and, when made raw by ſcratching or otherwiſe, the fleſh is allowed to ſprout.

THESE ſores occupy every part of the body, and many of them are ſeen in the ſame ſubject at the ſame time. But the excreſcences do not always happen, and ſeem to be more frequently produced in the ſore that never ſcabs, than in the ſcabby or ſcaley ones. They are rather indolent than tender to the touch; and their colour is not remarkably different from that of the fungus of other ſores. From this berry-like riſing in the venereal ſore, the diſeaſe is ſaid to be denominated the SIVVENS; *Sivven*, in the highlands, being a common name for *a wild raſp*.

HI-

HITHERTO the diſeaſe has been confined to the lower ranks. Some, however, of good condition have loſt children by it; and, if great care is not taken, it may find a way into the beſt families. The young and the full grown are equally the ſubjects of this infection. Thoſe of more advanced years ſeem leſs liable to be infected. The ſex, from their tender frame, and children, for the ſame reaſon, are moſt ſuſceptible of it.

IT is propagated by uſing the ſame ſpoons and knives, and wiping with the ſame cloth, the infected have uſed, without cleanſing or waſhing them; drinking out of the ſame glaſs or cup; ſmoaking with the ſame pipe; ſleeping with the infected, or in the ſame bed-cloaths they have lain in; and handling their ſores; by ſucking or giving ſuck; ſaluting or kiſſing; and fondling children, or feeding them in an uncleanly way. Nor is it unlikely, that, in certain circumſtances, the breath may become infectious.

A proof that the diſeaſe is propagated chiefly by the want of cleanlineſs, is,

that

that it has never got footing among thoſe of better faſhion, nor in towns, where, except with the very loweſt, greater cleanlineſs generally takes place. Upon inquiry too, no certain appearances of it are diſcovered in thoſe places neareſt to us of the neighbouring kingdom, ſo juſtly celebrated for cleanlineſs. Another proof is, that ſometimes it is obſerved to become more frequent after autumn. A company of reapers is made up of very different people, brought together from all parts. They eat and drink promiſcuouſly out of the ſame cups and diſhes; and a few ſpoons are made to ſerve a good many by putting them round from one to another. The ſame is done with a pipe in ſmoaking. When the body is warm, and the pores open, the tender ſkin of the lips and mouth is moſt diſpoſed to receive the infection, which the heat in labouring will render more active and apt to be communicated. A girl who had the thruſh to a great degree, at this ſeaſon, ſpread the diſeaſe through a whole

whole pariſh where it was not formerly known.

THE foregoing deſcription of the diſtemper is ſo plain, that no body of common diſcernment can be at a loſs to know it. The ways by which it is communicated are likewiſe ſo obvious, that the methods of prevention muſt be ſo too. As prevention is the principal thing in view, a few hints ſhall be ſuggeſted in relation to it. Theſe duly attended to, may, in time, go a great way to extinguiſh the diſeaſe.

ALL maſters and miſtreſſes of families ſhould be very attentive whom they receive into their houſes as ſervants. Let them be ſure that ſuch are neither infected, nor have had any communication with infected perſons or places. It belongs to them, moreover, in their families, to enjoin the moſt cleanly methods of doing, to ſet an example themſelves, and to ſee that their injunctions be ſtrictly obſerved.

SERVANTS, on the other hand, as their bread and characters depend upon it, ought

ought in all reſpects to recommend themſelves by their cleanlineſs; avoiding carefully, at the ſame time, all intercourſe with perſons and places where there is the ſmalleſt danger of infection. Any ſervant that comes into, or remains in a family, having the diſtemper and knowing it, muſt be deemed guilty of a crime, as the conſequence may be highly injurious, and even fatal to others.

THOSE employed in harveſt-work, making hay, or preparing feuel, and all labourers eating and drinking in companies, ſhould be obliged to bring along with them every one a knife, a ſpoon, a diſh, a cup, and a cloth to wipe with. Inſtead of eating all out of one diſh, or drinking out of the ſame cup, they ought to be helped in a decent cleanly manner, into cups and diſhes of their own. Let nobody ſmoak with a pipe that has been uſed by another.

SUCH as keep public-houſes are, in a ſpecial manner, bound to obſerve the greateſt cleanlineſs, both as a matter of prudence and juſtice. It is expected of them,

them, that they are never to offer to one what has been uſed by another in eating, drinking, or otherwiſe, till it is thoroughly cleaned again. And, in drinking-companies, every one ſhould have his own glaſs. A gentleman obliged to do buſineſs in a low houſe, by drinking out of the ſame cup with others, caught the infection, and had almoſt been ruined before he knew what the diſeaſe was.

THE diſagreeable cuſtom of lying two in one bed ſhould be altogether baniſhed, unleſs the perſons are well known to each other.

THOSE who put out their children to nurſe, cannot be too nice in inquiring into the character and cleanlineſs of the perſons to whom they are intruſted, and the condition of the place where they live with reſpect to the diſeaſe.

THE very uncleanly method of feeding children, ſo common among the meaner ſort, ought inſtantly to be forſaken, as it is a likely way of communicating the infection, and more ſuited to the

ſordid condition of mere barbariſm, than the manners of a civilized people.

FROM perpetual cuſtom, every one claims a right to kiſs and fondle a child. Nurſes, and all who have the charge of bringing up children, muſt be extremely cautious whom they admit to this familiarity, and poſitive never to allow it to ſtrangers, eſpecially of low rank, who, to procure favour, are often forward to ſhew, this way, an affected fondneſs.

MUCH more might be ſaid with regard to cleanlineſs, and equally neceſſary to be obſerved, which will readily occur to thoſe who have any taſte for it, or a ſenſe of the danger to which, by the neglect of it, they are expoſed.

MANY, through fear of ſhame, and a criminal modeſty, by concealing the malady, have ſuffered it to go a great length, to their own diſquiet, and the endangering of others. In a lower degree, it may lurk in the body a long time harmleſs, till, ſtrengthened by time and accidents, it becomes powerful enough to infect, even before there are any certain appearances,

ances, or ſuſpicion of its exiſtence. This hath often been the occaſion of much ſurpriſe, as well as uneaſineſs, both to particulars, and in families.

WHENEVER, therefore, any ſigns of it are diſcovered, thoſe who are ſo unfortunate as to have received the infection, if they regard their own ſafety, or the ſafety of others, are earneſtly adviſed to apply, without loſs of time, to the proper hands for a cure. In milder caſes, a few doſes of mercurial phyſic, and ſome external applications of the ſame nature, may ſo far weaken the ſymptoms, as to promiſe a cure; and, if the infection has not got beyond the lips, poſſibly may deſtroy it. But, for the moſt part, the diſtemper, ſooner or later, returns, with greater force perhaps, or in a worſe form. Experience ſhews, that it is proof againſt all ſuch ſlight adminiſtrations; and not to be eradicated but by a regular courſe of medicine, judiciouſly adapted to the ſeveral degrees and circumſtances of it.

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THE method of cure differs nothing from that commonly practiſed in venereal caſes. Mercury, given a longer or ſhorter time, ſeldom fails to remove the diſtemper. High ſalivation is not needful. Large doſes of this remedy, and much ſpitting, unneceſſarily fatigue and exhauſt the patient. If the mouth is ſore and watery, and kept at this pitch a proper time, a proper quantity of the mercury being thrown in, it is ſufficient. Under ſuch a management of it, the ſick may live in a cooler way; becauſe much warmth is always hurtful.

IN higher degrees of the diſtemper, indeed, the remedy muſt be given in greater quantity, or continued longer, to have an adequate effect, that is, to produce a free ſalivation; and, even after that, ſome ſymptoms may remain.

THESE are to be carried off by time, in the uſe of the Æthiopic pill, ſarſaparilla, and the like. Such as cannot afford the ſarſaparilla, may uſe a decoction of the woods, or that of bardana; which laſt is very fit to be drank during the courſe

courſe of the mercury. The remains of a ſore throat, and other external ills, requiring it, yield to a fumigation of cinnabar cautiouſly employed. The affections purely of the ſkin were treated with mercurial ointments and water.

To younger children, the *mercurius alcaliſatus* was given once or twice a day, according to age, and other circumſtances; purging now and then to divert it from the mouth, if it had a tendency that way. The ſarſaparilla likewiſe was directed to theſe, if they would take it; and the *unguentum citrinum* to be rubbed upon ſcabs, excreſcencies, or any foul ſore.

THE ſolution of the corroſive ſublimate has often been tried, allowing the patient to go abroad, but not with the deſired effect. Among the lower people, it is hardly poſſible to prevent irregularities, and keep them to a method, without abſolute confinement. When they ſubmitted to this, calomel was always uſed, and ſometimes the unction along with it. The ſublimate, however,

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may be uſeful to ſubdue the remains of the diſeaſe, and as an external application.

MERCURY, if poſſible, ought never to be adminiſtered, but under the immediate inſpection of a perſon of ſkill; becauſe the patient, by his own miſmanagement, may bring himſelf into danger; or, upon a ſlight amendment, give over the courſe before the cure is perfected; and an imperfect cure gives afterwards a great deal of trouble. All the ſymptoms appearing again, another courſe of the medicine becomes neceſſary; but now it will not have ſuch a certain and ſpeedy effect, as the body has been accuſtomed to the uſe of it.

SOME very unaccountable notions have been held concerning this malady, and practices indulged, of which every one ſhould be appriſed and aware, as they have a manifeſt tendency to propagate the diſtemper, and greatly increaſe the malignity of it. It is imagined, that the diſeaſe cannot be ſo eaſily and compleatly cured as when it appears in the form of ſcabs, ſores, eruptions, and the like

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diſorders; for, by ſuch methods, ſay they, nature throws out the matter of the diſeaſe; which, upon this preſumption, is neglected in its milder ſtates, and allowed to run on to a more dangerous height. It is imagined farther, that one may get rid of it by giving it to another; and that its vigour decreaſes in proportion to the number of perſons through whom it paſſes. But, which is ſtill worſe, becauſe highly criminal in conduct, the infected often finding themſelves unjuſtly reproached, avoided, and perhaps forſaken, are exaſperated, and enjoy a malicious pleaſure when they can involve others in the ſame calamity. Nothing ſurely can be more fooliſh, abſurd, and wicked.

When we conſider the nature of it, the diſagreeable circumſtances that attend it, the many ways it may be communicated, how contagious it is, and difficult ſometimes to ſubdue, a diſeaſe of ſuch a kind is juſtly, no doubt, to be dreaded. Innocent ſufferers, however, wretched enough already, ſhould not be made more ſo, and, from an undue ſolicitude

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for ourſelves, or an hard opinion of them, denied the common offices of humanity. On the contrary, thoſe concerned ought tenderly to afford them the aſſiſtance of which they ſtand ſo much in need, in order to alleviate their diſtreſs, and bring it ſooner to an end, which may be done without any danger. A little attention in point of cleanlineſs, as experience proves, will be a ſecurity againſt it. Were ſuch a conduct always obſerved toward them, many, who now induſtriouſly conceal it, would readily diſcover their misfortune, and ſeek a cure, which, with kindly ſympathy, every one ſhould be encouraged to do. By this means the number of infected would daily diminiſh, and much infection be prevented.

A very hurtful practice has obtained with ſome. Vitriol, and other drying things, are applied to rawneſſes, ſcabs, tetter, and excreſcencies; by which, indeed, they may frequently be healed. But the matter thus repelled, and mixed with the humors, will cauſe great diſturbance

ſturbance in the body, or break out a-gain ſome where elſe, in another ſhape, and with more violence. One having a ſlight rawneſs of a finger, handled an infectious ſore, not knowing it to be ſo. The part put on a bad appearance. Great pains were taken to heal it; but the conſequence was a ſore throat, hoarſe-neſs, tumor, and ulcerations. This has happened to others from the ſame cauſe.

THE information now given is writ-ten at the deſire of ſome who are much affected with the unhappy ſituation of the people in many places; and with a deſign, that all being acquainted of the danger, may heartily unite their en-deavours to put a ſtop to the progreſs of ſo grievous a malady; and at the ſame time ſo diſgraceful, as naſtineſs is the chief cauſe of its continuance and in-creaſe. The infected, except in higher caſes, are, by a proper method, eaſily cured. Prevention, however, is the ſure way to extirpate the diſtemper; and no-

thing elſe can avail. It is greatly to be wiſhed, therefore, that the preſent and very preſſing neceſſity may be a ſpeedy means of promoting a more general ſyſtem of cleanlineſs among thoſe of certain ſtations who are well known to be deficient in this matter, and effectually prompt them to it: Their peace and ſafety, their intereſt and reputation, and the public welfare, are all connected with it. But, if the cautions and advice here offered, with the moſt friendly intention, ſhall notwithſtanding be overlooked, or totally diſregarded, miſerable muſt be the condition of many! Still gaining ſtrength, the diſeaſe will take deeper root in the conſtitution; grow obſtinate to remedies; diffuſe itſelf more univerſally; and really become, or get poſſeſſion ſo early as to appear, hereditary. It will continue the plague of this generation, and be tranſmitted, with every circumſtance of virulence, to poſterity.

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